

Is Your Life Out Of Control? Then Do Something About It!

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**Is Your Life Out Of Control? Then Do Something About It!**

**By Maria Marsala**

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When it comes to living "out of control", often, you're the last person to truly realize it. It is so easy to become caught up in a cycle or circle of negativity, self-sabotaging, struggle, adrenaline addiction (or another addiction) or even depression. Sometimes "out of control" shows its face with us trying to control every outward person, place or thing possible. Other times, you may notice that you never have enough time or you're always working on some important project – never really enjoying yourself. It many start so innocently and then before you know it, you're caught up in the muck!

What can you do? Check your joy rate. Take the quiz below and download the PDF file for the Life Balance Index [www.coachmaria.com/documents/LifeBalanceIndex.pdf](http://www.coachmaria.com/documents/LifeBalanceIndex.pdf). Take a look at the important areas of your life.. Personal and Spiritual Growth? Relationships with Others? Career and Business? Finance and Money? Play and Recreation? Health? Physical Environment? Where are you out of balance? Sometimes, all you may need to get back on track is a reminder. Start empowering yourself on a higher level than you have ever empowered yourself before. Take notice of how you feel, what you're doing, what you're saying and what actions you are or aren't taking. Get back in touch with your values and priorities. Start removing the negative things in your life you're tolerating or holding onto from the past. Also the people you're attracting into your life are good mirrors of how you're being.

## Is Your Life Out Of Control? Then Do Something About It!

On a scale of 1–10 how satisfied are you with the life you've been blessed with?

- ~Are you first person on your priority list?
  - ~Do you act or speak like you'll never be satisfied?
  - ~Does your life go from a problem to solve or an item to do from your list, then another and another?
  - ~Do you "never" have enough time?
  - ~Do you stay around negative people or groups – just because you're afraid to be alone?
  - ~Do you find yourself constantly putting yourself down in your self-talk or as you talk to others?
- 
- ~Do you say "thank you" to a compliment or find something to criticize?
  - ~Do you find yourself doing things you "really don't want to be doing"?
  - ~Do you score high on the adrenaline addicted self-test?  
adrenalineaddiction@sendfree.com
  - ~Do you gossip a lot?
  - ~Do you give up on your dreams easily?
  - ~Do you have people in your life who support you with "your dreams"?
  - ~Do you find it easier to be a "victim" – oh poor me, look what they've done vs. your own best friend?
  - ~Do you fear failure or success and stay "stuck" often?

If you've identified yourself in the list above, the next question to answer is what are you going to do about it? Use the updated analogy below to see what assistance you may require at this time in your life. Sometimes, we even can use the assistance of a few people and new friends, too.

- A therapist will help you explore your past and fears.
- A consultant will tell you how do it.
- A coach will provide you with tools and encouragement as you take action.
- A mentor will show you how.
- (original analogy author unknown)

So do it now! Take back control of your life. Empower yourself. Grow. Change your attitude. And you'll develop the life you were meant to live!

Maria Marsala is an internationally known coach, author, and speaker. A former WallStreet trader and

manager, she is the author of the ebook *Thinking of Starting a Business... Let's Talk About What's Next*.  
Subscribe to her free ezine "Helping You and Your Business Grow" at  
<http://www.coachmaria.com/ebook/download.html>

## **How To Defeat Stress**

**By Derek Marsh**

The best way to defeat stress is to be on top of everything that is coming your way. Of course, many of us can't do that, so we manage by other means. You need only identify the cause of your stress (through journaling) and then release yourself from it. One technique that is very effective is called release-the-need. More on this later.

### 1. Early Warning Signs Of Job Stress

– Headache – Sleep disturbances – Difficulty in concentrating – Short temper – Upset stomach – Job dissatisfaction – Low morale

### 2. Making Adjustments

Most people need to make serious adjustments to the way they handle work in order to cope with stress for a permanent amount of time. You may be carrying stress over from your personal life, or you may find that your home life is suffering as a result of your job stress. You need to make adjustments to counter the effects of pressures like these. Identifying these symptoms in your life? Then find out what you can control? Going to sleep earlier can control lacking sleep. This may mean that you have to carve out time for yourself. If you cannot control what is causing your stress then you need to identify this fact and release it. That is the essence of the release the need technique.

### 3. Releasing The Need

Another way of saying this is simply Don't worry about things you have absolutely no control over. Once you free yourself from the stresses in your life you will see how much more there is to life. you will notice that your frustration and anxiety levels will drop dramatically and you will feel more appreciate for life in general.

### 5. Medication

Medication can sometimes help you to relieve stress, but always consult with your doctor before taking any medication, especially medication that can affect the heart. Meditation and other de-stressing techniques are also perfect for helping you to manage your stressful life.

For more great stress related articles and resources check out

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